



The Journal

Vol. 29

No. 30

www.dcmilitary.com/journal/

July 27, 2017

National Night Out Coming to NSAB



NSAB File photo



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President Trump Commissions USS Gerald R. Ford (CVN 78)

By Ens. Corey Todd Jones
www.navy.mil

President Donald J. Trump commissioned the aircraft carrier USS Gerald R. Ford (CVN 78) at a commissioning ceremony July 22.

A commissioning is a day of celebration, and honors the dedication, team work, and collaboration of Sailors, legislators, shipbuilders, program managers, and the ship's sponsor in delivering the ship to the fleet.

Trump landed on the flight deck in Marine One and was greeted by Secretary of Defense James Mattis, Acting Secretary of the Navy Sean Stackley, Chief of Naval Operations Adm. John Richardson, and USS Gerald R. Ford Commanding Officer Capt. Rick McCormack.

Over 10,000 friends and family members attended the event, watching the festivities from the hangar bay, the pier and USS Dwight D. Eisenhower (CVN 69).

Distinguished members of the party offered remarks to honor the occasion.

"Wherever this vessel cuts through the horizon, our allies will rest easy and our enemies will shake with fear because everyone will know that America is coming and America is coming strong," said Trump. "Our true strength is our people. Our greatest weapon is all of you. Our nation endures because we have citizens who love America and who are willing to fight for America."



PHOTO BY MC2 (SW) ANDREW J SNEERINGER

Sailors man the rails of the aircraft carrier USS Gerald R. Ford (CVN 78) during its commissioning ceremony at Naval Station Norfolk, Va. Ford is the lead ship of the Ford-class aircraft carriers, and the first new U.S. aircraft carrier designed in 40 years.

He continued, "We are so very blessed with warriors who are willing to serve America in the greatest fighting force in history, the United States military. Today this ship officially begins its role in the noble military history of our great nation."

Stackley also addressed the crowd.

"So skipper, as we marvel at the technology and the daunting numbers that measure this ship, never lose sight that in times of crisis, you will be the first to respond, and when called upon, you will deliver the final word in the bidding of our nation," said Stackley. "Whenever you sail, wherever you sail, you will be a symbol of Unites States resolve and you will be a symbol of the man whose name you bear."

After the ship's sponsor and President Ford's daughter Susan Ford Bales gave the traditional command

to "Man our ship and bring her to life," Ford Sailors ran up the brows and manned the rails as the band played "Anchor's Aweigh."

McCormack expressed his pride in the work his crew has done to get the ship ready to serve in the fleet.

"The Sailors aboard today are among our nation's finest," said McCormack. "They are talented, driven, innovative, dedicated, and passionate about what they do and I am very proud to be their commanding officer. Team Wolverine, I have the utmost faith and confidence in your abilities to handle any challenge ahead, and I can think of no better team to take this ship to sea."

After the ceremony, the ship was opened to the general public for tours, which included the flight deck, the commanding officer's in-port cabin, pilot house, mess decks, fo'c'sle, and the newly opened tribute room.

USS Gerald R. Ford (CVN 78) is the lead ship in the Ford-class of aircraft carrier, the first new class in more than 40 years, and will begin the phased replacement of Nimitz-class carriers.

CVN-78 honors the 38th president of the United States and pays tribute to his lifetime of service in the Navy, in the U.S. government and to the nation. During World War II Ford attained the rank of lieutenant commander in the Navy, serving on the light carrier USS Monterey (CVL 26). Ford became president in the aftermath of the Watergate scandal and served in the country's highest office from 1974-1977.

Bethesda Notebook

NSAB Gate Hours

Gate 1 (North Gate):

Monday to Friday: 5 a.m. to 7 p.m.

Gate 2 (South Gate):

24/7

Gate 3 (NEX Gate):

Monday to Friday: 5 a.m. to 7 p.m.

Saturday, Sunday 8:30 a.m. to 4 p.m.

Gate 4 (Navy Lodge Gate):

Monday to Friday 5 a.m. 8:30 a.m. (Inbound and outbound)

3 p.m. to 6 p.m. (Outbound only)

Gate 5 (University Gate):

Monday to Friday: 5 a.m. to 6 p.m.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Aug. 17 from 1 to 2 p.m., and from 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited to attend. Military ID is required for base access to Walter Reed. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

On the Cover

Soldiers speak with a Montgomery County Police officer at the NSAB 2016 National Night Out Aug. 2. The National Night Out promotes partnerships and builds camaraderie between the local police and the general public to make the community safer and a more caring place to live. The 2017 National Night Out will take place outside the USO Aug. 1 from 11 a.m. to 2 p.m.

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national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

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PHOTO BY MC2 WILLIAM PHILLIPS

Fleet and Family Readiness Director Courtney Silvestre (second from left) speaks to her staff July 18 during a ceremony that recognized the time and service of her employees.

NSAB Recognizes Employees for Years of Service

By Andrew Damstedt
The Journal

Naval Support Activity Bethesda (NSAB) recognized 49 Morale Welfare and Recreation employees for their years of service on the installation at a ceremony July 18 at the Warrior Café.

Employees with five, 10, 15, 20, 27, 28, 31 and 32 years of service were honored with a certificate and a gift bag for their time at NSAB.

"I want to thank everybody for everything that you do, whether you're preparing food, taking care of children, cleaning hotel rooms, you're improving the quality of life for our service members," said Fleet and Family Readiness Director Courtney Silvestre.

NSAB Executive Director Bill Meekins echoed those comments by saying, "You all do your job so well, we don't hear anything bad. All we hear are how great things are with everything we do with MWR ... thank you all very much, we do appreciate it."

Those honored included Richard Moy, 32 years of service; Danielle Hayes and Jean Waldron, 31 years; Bryan Jackson and Seta Macrie, 28 years; Jamila Aziz and Lisa Ordonez, 27 years; Jenny Charlson, Delia Loyola-Lozano and Rosa N. Mendez, 20 years; Roy Valdimar Danielson, Rosario C. Marasigan and Vidalea J. Osorio, 15 years; and Mariajose Gamero, David Palacios and Chrisy Ann Rager, 10 years.

Those recognized with five years at NSAB included: Brandon Adams, Fernando Arriola, Ernesto Alvarez, Gilbert Baboulene, Gregory Binns, Esline Brown, Thanya Castro, James Coleman, Brittney Evans, Danielle Janae Hannon, Brenda Hardaway, Sahara Henry, Angela Heywood, Wallace Hopkins, Natasha Ilunga, Jessica Jenifer, Jemima Kabongo, Khadija Mohamed, Gerald Montano, Yuphin Panasethe, Alberto Perez, Christopher Phillips, Annalia Pierre-Paul, Alecia Pityk, Marelin Romero, Lao Yeefa Sae, Dereje Dibabe Simegn, Angela Sorto, Derrick Tanner, Keivette Thomas, Noparat Thongniam, Maria Vaca and Kenae Unique Ward.



PHOTO BY MC2 WILLIAM PHILLIPS

Alberto Perez, a cook at the Warrior Café, accepts a certificate from Naval Support Activity Bethesda Executive Director Bill Meekins, left, and Fleet and Family Readiness Director Courtney Silvestre for five years of service.

USU Department of Medicine Researcher Awarded Prestigious Bayer Grant for Hemophilia Research

By Sharon Holland
USU External Affairs

Dr. Ai-Hong Zhang, a research assistant professor in the Uniformed Services University's Department of Medicine, was presented the 2017 Bayer Hemophilia Award at the International Society on Thrombosis and Hemostasis 2017 Congress in Berlin, Germany, July 10.

Bayer awarded grants totaling more than \$2 million to 16 recipients across eight countries. Zhang, who is a contract Henry M. Jackson Foundation for the Advancement of Military Medicine employee of USU, was among four U.S. scientists to receive the award for research in hemophilia.

"Being selected as a 2017 Bayer Hemophilia Award Program (BHAP) award recipient, among such a high standard of entrants, is a huge honor and shows the research interest in hemophilia," said Zhang, who received the Special Project award. "My particular research will focus on investigating a novel strategy to promote anti-FVIII inhibitor development which, with continued funding from government and industry supporters such as Bayer, I hope will contribute to improving



PHOTO COURTESY OF BAYER

Dr. Ai-Hong Zhang (far right) was presented the 2017 Bayer Hemophilia Award for his research on Factor VIII, an essential blood-clotting protein. Zhang is a research assistant professor in USU's Department of Medicine.

understanding in the medical community and ultimately benefit the hemophilia community."

BHAP award recipients are selected by a global panel of distinguished hemophilia clinicians, researchers and caregivers. The award recognizes and supports innovative research and educational initiatives to benefit the hemophilia community.

Hemophilia is a rare genetic blood disorder. Individuals with hemophilia lack the proteins needed to properly clot their blood, which can cause them to bleed severely from even a minor injury. The condition is typically caused by a hereditary lack of a coagulation factor, most often factor VIII, an essential blood-clotting protein. The two most

common types are Hemophilia A, which is a deficiency of factor VIII, and Hemophilia B, which is a deficiency of coagulation factor IX, another blood-clotting protein.

Although hemophilia is a disqualifying factor for military service and found primarily in civilian practice,

having a basic or foundational understanding of clotting factors and abnormal clotting conditions such as hemophilia helps to provide insight for the military and its blood research program, as well as its efforts to prevent or treat coagulopathy that stems from severe injury or trauma.

"Dr Zhang's work reflects the ongoing and productive focus on basic mechanisms in immunology developed in the Department of Medicine under Professor David Scott, and we are extremely pleased that Bayer has recognized him and this research with this prestigious award," said Dr. Louis Pangaro, chair of USU's Department of Medicine.

"We are delighted to see Dr. Zhang win this research award. In addition to his research, this award also validates the emphasis we place on faculty development," said Dr. Arthur Kellermann, USU F. Edward Hebert School of Medicine dean.

New Genetic Mutations Linked to Eczema

By Sarah Marshall
USU External Affairs

A genetic mutation could be the cause of severe eczema, according to new research published June 19 in *Nature Genetics* by researchers at the Uniformed Services University of the Health Sciences (USU). Researchers believe these new findings could influence new treatment strategies for the millions of individuals who struggle with this chronic condition.

"More than 15 million people suffer from severe eczema in the U.S. It can have a significant impact on their lives – it can even disqualify them from serving in the military," according to Dr. Andrew L. Snow, assistant professor in Pharmacology and Molecular Therapeutics at USU. "Our findings suggest that something as simple as

glutamine supplementation could be beneficial to patients like this, with or without CARD11 mutations present."

The study, "Germline hypomorphic CARD11 mutations in severe atopic disease," was led by Dr. Snow, in collaboration with researchers from the National Institute of Allergy and Infectious Diseases at the National Institute of Health (NIH) and other institutions.

Interestingly, they found that glutamine, an essential amino acid needed for normal immune cell functions, which patients can also take as a supplement, might help correct the cellular defects that likely contribute to severe eczema.

Until now, patients with rare genetic mutations shown to cause severe allergic symptoms also suffer frequent infections and other severe immune system defects. In this new study,

sequencing the genes of eight patients with severe eczema from four different families revealed they had mutations in the CARD11 gene. Some of these patients had other accompanying health issues, like infections, but others did not. The researchers were then able to determine that mutations in this single gene could cause severe eczema even in the absence of other medical issues.

The team of researchers also sought to understand why these newly discovered CARD11 mutations contributes to severe eczema. They found that although each family had a distinct mutation affecting a different region of the CARD11 protein, each mutation disrupted its normal function in T cells – an essential type of white blood cell.

Funding for the study was provided by grants from USU and the NIH.



PHOTO COURTESY OF DR. ANDREW SNOW

Dr. Andrew Snow, assistant professor in pharmacology and molecular therapeutics at Uniformed Services University, was the co-senior author of a study recently published in *Nature Genetics*, which found that a genetic mutation could be the cause of severe eczema.

eBenefits: A Valuable Source of Information

By April Brown
NNSY Public Affairs

Service members, dependents, veterans and their caregivers can save time by going online to get their Veterans Affairs (VA) process started electronically with the self-service eBenefits web portal.

In 2007, The President's Commission on Care for Returning Wounded Warriors announced that it was going to create a one-stop portal that offered various information, forms, claims, health care and prescriptions, home loan assistance, employment assistance, education benefits and assistance, verification letters, and guidance. The eBenefits website was launched in 2009.

"The eBenefits portal is free, quicker, and is the preferred self-service online gateway to electronically research and find numerous services and benefits that can be accessed around the clock," said Margarita Devlin, executive director of the Benefits Assistance Service in Virginia's Veterans Benefits Administration.

In order to access eBenefits, users must be actively listed in the Defense Enrollment Eligibility Reporting System (DEERS) and be able to obtain a Data System (DS) or Common Access Card (CAC) logon.

"If members attempt to register and are informed they have no DEERS record, the VA will need to verify their military service and

"The eBenefits portal is free, quicker, and is the preferred self-service online gateway to electronically research and find numerous services and benefits that can be accessed around the clock," said Margarita Devlin.

add them to DEERS so they can use the portal," said Devlin. "Once that happens, users will have the ability to research, apply and update various benefits and services at anytime from anywhere."

"I was going through the Transition Goals, Plan, and Succeed (TGPS) class when I first heard about eBenefits," said Nicholas Boyle, Code 2340 reactor plant systems course instructor. "The main thing that drew my attention was the disability portion because that percentage affects you and your family in many ways. The site also gives the steps on how to apply and follow your claim through the whole process."

Having the ability to electronically update medical record information allows the records to be read faster, get a quicker response back from the VA, and is beneficial for filling out the intent to file forms for a current condition or future medical procedure," explained Boyle. "You want to be sure to fill out the forms for intent to file with the most current medical information. Having this done ahead of time allows extra time to get all of your medical paperwork

together and get it submitted so you are covered medically and financially when you are [discharged] for medical reasons in the future."

In addition to updating medical information, users can update, personalize and download various forms and verification letters to include those needed to transfer the Post-9/11 GI Bill education benefits to family members.

"Before I retired from the Navy, I transferred one month of my education benefits to each one of my kids and my wife," said Boyle. "Now that my wife is getting ready to start college classes, I can log into eBenefits and transfer more of my education months to her. This is a great financial benefit for anyone. The update is immediate and a few minutes later, I can print out an education verification letter for her school that verifies her current percentage so she can start taking classes when she wants to."

Along with multiple services available through eBenefits, the site is also linked into other sites and portals that can benefit service members, their families and caregivers. One of the most popular links is the

national resource directory.

"Just click on the button and you have a breakdown of survivor and burial, employment, and social security benefits, a disability claim checklist and what benefits are available from each state. Just to name a few," said Boyle.

eBenefits is user friendly and provides various resource links and information that can be accessed by logging into the portal.

"I have been using eBenefits for more than two years and being able to go onto the site at any time from work or from an electronic personal device has made my life easier," said Boyle. "eBenefits is a valuable source of information that you can access from just about anywhere and anytime of the day or night. I have told family, friends, and co-workers that the more I use it, the more I learn what benefits are available to myself and my family, now and in the future. I strongly recommend checking it out."

For more information on e-benefits, visit your local Department of Veterans Services office or <http://www.ebenefits.va.gov/ebenefits/homepage>.

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NSAB Holds ASF Graduation



PHOTO BY MC2 WILLIAM PHILLIPS

Naval Support Activity Bethesda (NSAB) held a graduation ceremony for the Sailors and Soldier that were part of the most recent Auxiliary Security Forces (ASF) Class July 21. ASF is comprised of service members that stand duty at gates entering NSAB as a collateral duty.

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Safety Stand-Down Focuses On Dangers, Consequences of DUI

By Bernard S. Little
WRNMMC Command Communications

Army leaders, representatives of Walter Reed National Military Medical Center's (WRNMMC) Addiction Treatment Services and the Montgomery County Police Department recently stressed the importance of responsible driving at a recent Safety Stand-Down at WRNMMC.

The leaders addressed the dangers and consequences of DUI and emphasized during briefings that driving under the influence is a crime of operating a motor vehicle while impaired by alcohol or other drugs (including recreational drugs and those prescribed by physicians).

In a safety video shown during the briefings, Army Col. Richard S. Lindsay, U.S. Army Element Troop Command-North commander, emphasized that "drinking and driving is a dangerous combination." He added approximately 10,000 people are killed annually as a result of alcohol-impaired driving crashes, which account for one-third of all traffic-related deaths in the U.S., according to the U.S. Department of Transportation.

"Every day, 28 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 53 minutes. The annual cost of alcohol-

"If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver, offer alcohol-free beverages, and make sure all guests leave with a sober driver," Command Sgt. Maj. Michelle L. Jones stated.

related crashes totals more than \$44 billion," the transportation department reports.

"Even two or three drinks has the potential impact of causing reduced coordination, difficulty steering and reduced response to emergency driving situations," Command Sgt. Maj. Michelle L. Jones added.

Lindsay and Jones urged people who choose to drink to have a plan that includes a designated non-drinking driver; not to let friends drive impaired; and to call a taxi or ride share if all in the group are going to be drinking.

"If you're hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver, offer alcohol-free beverages, and make sure all guests leave with a sober driver," Jones stated.

In Montgomery County, where WRNMMC is located, during a DUI arrest an individuals'

vehicle may be impounded and towed to a designated location until the person is legally allowed to retrieve it. The person may also be taken into custody, booked, mug shot, fingerprinted and searched. The individual may be kept in custody until sober or someone in his or her chain of command, family member or friend agrees to pick him or her up. The individual also may have to remain in custody until arraigned. If taken into custody on a weekend or at night, the individual might have to wait until working hours to be arraigned and released.

In October, Maryland began enforcing Noah's Law. Under the law, a driver who fails a police breath test with a blood alcohol content reading of .08 or higher would be required to use an

See **DUI**
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Cruise winner will be drawn by Friday, August 25th. Winner will be notified by phone.



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DUI

From
Page 7

ignition interlock device on his or her car for six months. If a driver refuses to take a police breath test, he or she would either have to use the interlock for nine months or have his or her license suspended. Anyone convicted of driving under the influence or driving while intoxicated would also be required to install the interlock devices.

Noah's Law is named after Noah Leotta, a 24-year-old Montgomery County police officer struck and killed by a drunk driver during a traffic stop in 2015.

A DUI first offense can result in license revocation of up to six months, a \$1,000 fine, imprisonment for up to a year, and/or 12 points on the person's license. A second DUI offense can result in license revocation of up to a year (required ignition interlock device), a \$2,000 fine, imprisonment (mandatory minimum of five days; maximum of two years), 12 points on the person's license, and/or mandatory participation in an alcohol abuse assessment and program.

Lindsay and Jones added a service member charged with a DUI off base could also face military administrative actions or be charged criminally by a military court martial with the possibility of a sentence under the Uniform Code of Military Justice.

Officer Dana Stroman, of the Montgomery County Police Department, said drowsy driving is also major problem in the United States. She said the "risk, dangers and often tragic results

associated with drowsy driving, including fatalities, injuries, crashes, repairs and high insurance, are alarming."

"Drowsy driving is the dangerous combination of driving with sleepiness or fatigue," Stroman explained. "This usually happens when a driver has not slept enough before getting behind the wheel of a vehicle," she continued. "It can also happen due to untreated sleep disorders, medications, drinking alcohol or shift work."

Stroman said no one can predict the exact moment when sleep comes over his or her body, which makes falling asleep at the wheel extremely dangerous. "However, being sleepy, fatigue or drowsy affects your ability to drive safely even if you don't fall asleep. Fatigue makes it less possible for drivers to pay attention to the road, slows reaction time to break or steer suddenly, and it affects a driver's ability to make good decisions."

The Montgomery County officer stated one in 25 drivers reported having fallen asleep while driving within the previous 30 days. In addition, the National Highway Traffic Safety Administration reports drowsy driving is responsible for nearly 100,000 crashes, approximately 50,000 injuries and about 900 deaths each year.

Stroman said drivers who experience the warning signs of drowsy and fatigued driving, including yawning or blinking frequently, difficulty remembering the past few miles driven, missing an exit, drifting lanes, or hitting a rumble strip on the side of the road, should pull over to rest or change drivers.

Stroman added turning up the radio, rubbing your face, chewing gum, eating, opening your eyes wider, sitting more upright or opening the window, are not effective ways for keeping you

awake and alert.

The most effective way to prevent drowsy and fatigue driving is to get enough sleep. "Most adults need at least seven hours of a day, while teens need at least eight hours," Stroman said. She also recommended people stick to a sleep schedule as much as possible, and those with a sleep disorder consult their physician for help.

"Avoid drinking alcohol or taking medication that make you sleepy before driving," she added.

Safety officials also said distracted driving, such as driving while texting or talking on the phone, results in numerous crashes, injuries and deaths on the nation's roads each year. Distracted driving can be defined as "any activity which diverts a person's attention away from the primary task of driving," including talking to passengers, grooming, using a navigation system, adjusting a radio and using a cell or smart phone.

James Hardin, service chief of Addiction Treatment Services, and Despina Hangemanole, a clinical social worker in ATS, explained the agency's mission at WRNMMC is to support military readiness by promoting health and wellness. In addition, they are focused on mitigating the stigma of seeking treatment services for addictions, as well as providing prevention, education, early intervention and treatment services facilitating return to duty or transition to civilian life for service members.

They said service members should be referred to ATS for any reported drug use within the last year; any reported high risk drinking; any alcohol or drug related incident such as an injury, overdose, arrest or anything similar; and drinking while taking prescribed medications.

For more information concerning Addiction Treatment Services at WRNMMC, call 301-400-1298.

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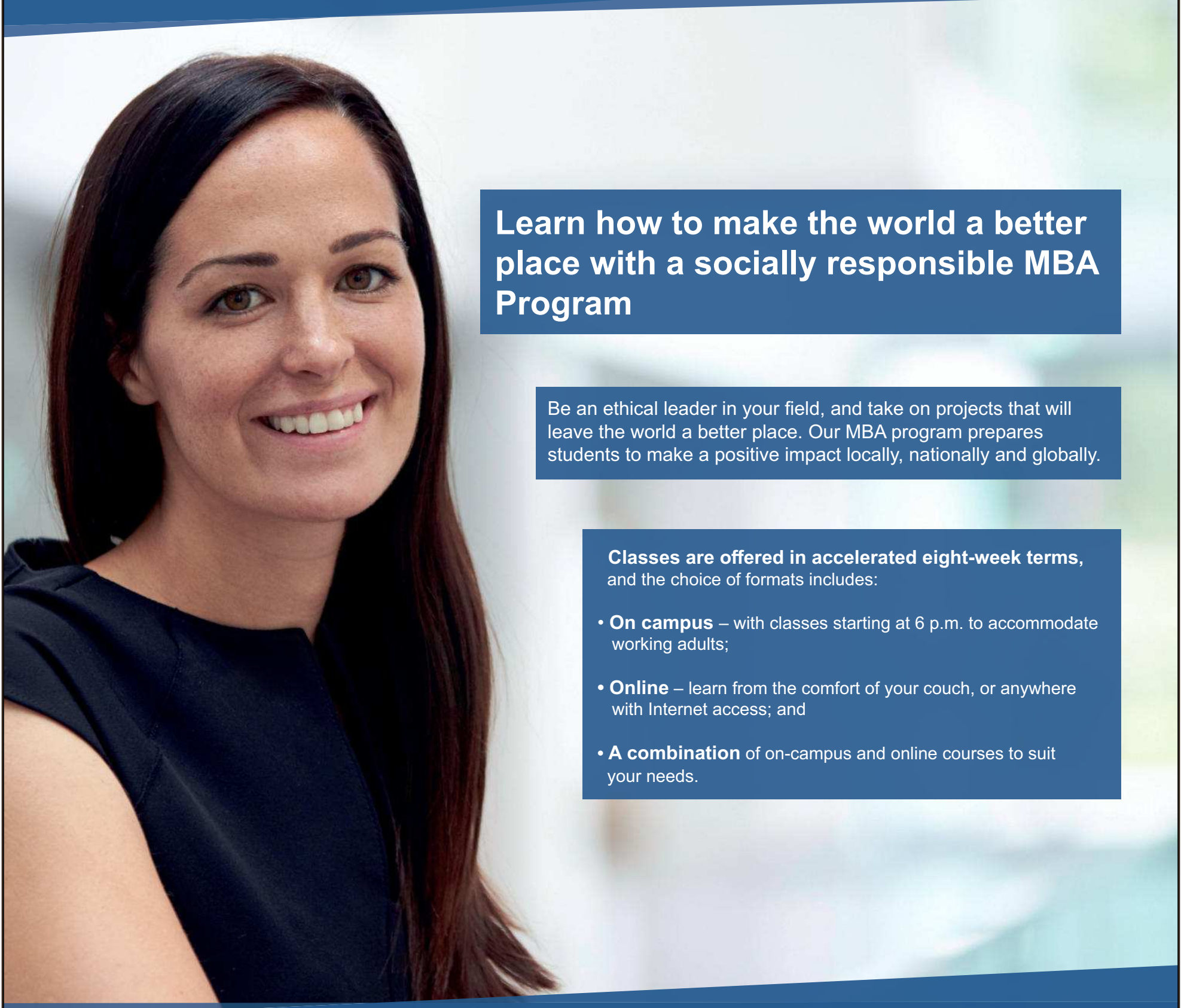
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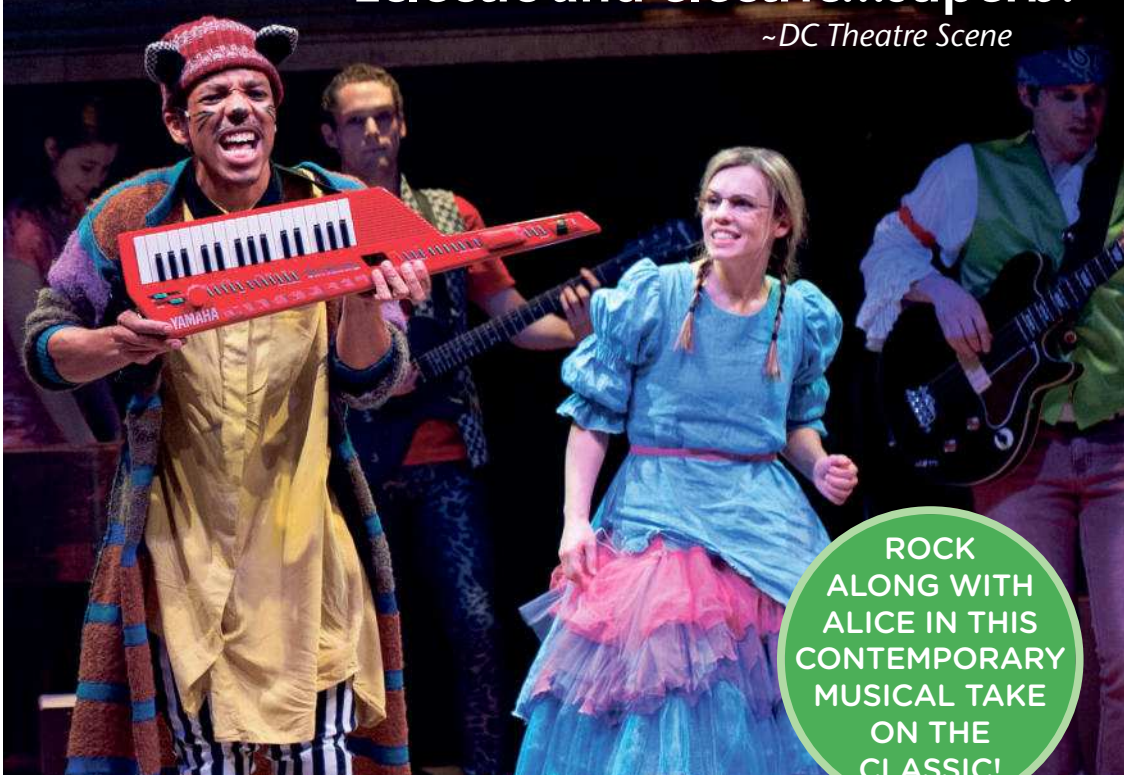
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